

P.O. Box 910144  
San Diego, CA 92191

JUNE, 2009

SDAFP Newsletter  
Editor: Richard  
Payne, M.D,

*San Diego Academy  
of Family Physicians*



### **‘A Call to Action from our 2009 President, Melissa B. Vourlitis, D.O.’**

I am enthusiastic about starting my new role as president of the San Diego Academy of Family Physicians. SDAFP is the meeting place for family doctors from all different walks. We gather from different areas of the county including South Bay, North Inland and East County. We meet for a common purpose; to represent all of the family physicians in San Diego County. As my involvement with this organization has grown over the last several years, so has my appreciation for what we do as a group. We ensure the viability of family medicine regionally and, ultimately, on a larger scale through our link with the state and national organization.

As a group, one of our main areas of focus is providing quality CME for our members. I am excited and happy to report that this year we will have another high quality CME conference in June. I have put together what I think will be an excellent, informative and fun conference. PLEASE mark your calendars for June 26-28. Go ahead, I'll wait...

Other than providing two CME conferences to our members each year, our organization also works with the state legislature to move political will towards bettering healthcare delivery. We meet in legislative sessions to discuss our role in this system. We write resolutions, well Joe does... Several board members have traveled repeatedly to Sacramento and other areas around the state and country to be a voice for the rest of us. We applaud your commitment.

Family Medicine, as we all know, has been losing popularity with graduating medical students. The hours, paperwork and pay are reasons for avoiding our specialty. Though there has been a steady decline in graduating seniors choosing Family Medicine since 1997, the trend reversed slightly in 2008. We, as an organization, need to look at what we can do individually and as a group to help in this area. Yes, the hours, the paperwork and the pay can be areas of frustration. But, there are few other specialties that provide such an opportunity to make a difference in the lives of those we serve. WE ARE THE FRONT LINE. We have the opportunity to be involved in the lives of children, adults and families. We talk to kids about diet, exercise and safety; we talk to adolescents about seatbelts, drugs and sex; we talk to the adults about lifestyle choices, helping them grow towards optimal health. Yes, we see people when they are sick; with colds, cancer, sprained ankles, coronary artery disease, rashes and alcoholism. Ours is an exciting profession with many opportunities to make a difference and, at the same time, learn and grow ourselves. I can't imagine having chosen any other specialty. WE ARE THE HEARTBEAT OF MEDICINE.

Now is the time for us to rise up and speak loudly. Speak to those in our community AND in Sacramento (or support financially those who speak there for us). With the new administration in Washington and the new healthcare plan President Obama is promoting, including the medical home; NOW is the time to rise up and shout out what does and does not work for us. Now is the time, not only to be a voice for our patients but to stand up for our profession. We can get better pay, we can fix the issues we are frustrated with and that have medical students looking the other way. But we need to get involved. Each of us in whatever way we can. We need to speak, not just with each other but with leaders in healthcare and those who set policy. We need to speak often and look for opportunities to share the joys and frustrations of our profession. It is now a pretty well established fact that a small grass-roots effort can amount to monumental differences. Let's be a part of the grassroots and ride the wave to a better future for family medicine. Thank you for the opportunity to serve as president this year. I think good things are coming our way.

#### What's Coming Up?

- SDAFP 52nd Annual Postgraduate Symposium, Family Medicine Update: 2009, June 26-28th, Hilton Hotel, Mission Bay - For more information and to register, please go to our website: [www.sandiegoafp.org](http://www.sandiegoafp.org)
- Reithmayer Day at the Races Turf Club Event, Thursday, July 30th, 2009, Del Mar Race Track (see sign-up on third page of newsletter!)
- Williams Picnic at the Races, Sunday, August 8th, 2009, Del Mar Race Track (see sign-up on third page of newsletter!)

## **Don't Miss the 2009 52nd Annual SDAFP Postgraduate Symposium!!!**

Our 2009 meeting which will again be at the newly renovated San Diego Hilton in Mission Bay, June 26-28th, 2009. Topics include Diabetes, Fibromyalgia, Joint Injection/Inspection and EKG Workshops and MORE!!!

**We have been approved by the AAFP for 39.75 units of EBCME for this 3 day meeting!!!  
We've also been approved by the AOA for 20.5 units of Category 1 credit!**

To see a *FULL* conference brochure or sign up, go to our website: [www.sandiegoafp.org](http://www.sandiegoafp.org)  
Phone: 858-458-9439, Fax: 858-458-9467, e-mail: [sbazzo@sandiegoafp.org](mailto:sbazzo@sandiegoafp.org)

### **Congratulations to our SDAFP Board of Directors selected as 2009**

#### **TOP DOCS!**

David Bazzo, M.D.	Fatch Chong, M.D.
Darren Farnesi, M.D.	Steven Green, M.D.
Rusty Kallenberg, M.D.	Joseph Leonard, M.D.
Ada Marin, M.D.	Jay Mongiardo, M.D.,
Richard Payne, M.D.	Lee Ralph, M.D.
Albert Ray, M.D.	Lee Remington-Boone, M.D.
Wayne True, M.D.	Melissa Vourlitis, M.D.

### **Journal Club anyone?!**

Mits Tomita, M.D. has offered to lead a Journal Club for local Family Medicine physicians. If interested, please contact Mits at: [mitsuo.tomita@kp.org](mailto:mitsuo.tomita@kp.org)

### **Welcome to the Scripps Mercy Incoming Residents!!!**

**Angel Ochoa** - Angel received his bachelor's degree in Biological Sciences from University of California Irvine. Prior to this he worked for several years in primarily underserved communities, both as an EMT and substitute teacher.

**Brian Snook** - Brian received his Bachelors degree in General Biology from University of California San Diego. He later attended medical school at Western University of Health Sciences where he was involved with Homeless Outreach Programs and GLBT Health Education.

**Toni Jo Canton** - Toni Jo completed her undergraduate education at University of California Davis. While attending Medical School at University of California San Diego, Toni Jo was one of two students selected as a representative to the UC-Mexico Exchange Program in Cuernavaca, Mexico.

**Stephanie Chu** - Stephanie attended Boston University School of Medicine. Her early experience with medicine came through a high-school mentoring program and working as an EMT.

**Mary Palomino** - Mary completed her undergraduate and medical school education at University of California, San Diego where she received Honors for her Underserved Medicine Clerkship, and is a Lifetime Member of the Gold Humanism Honor Society. Mary managed Baker Clinic, UCSD's Student-Run Free Clinic Project, for two years.

**Ryan Yoon** - Ryan completed his undergraduate and medical school education at University of California, San Diego. He was clinic manager for UCSD's Student-Run Free Clinic Project and is a member of the Gold Humanism Society.

### **Help Offered for Patients in Need of Reconstructive Surgery**

DOCS (Doctors Offering Charitable Services) is a San Diego based non-profit group providing reconstructive surgery on a case by case basis to patients who otherwise would not be able to afford these services. The organization recently received front page recognition in the LA Times for work they performed on a patient with Neurofibromatosis. Here is a link to the video featuring this story: <http://www.latimes.com/news/local/la-me-anna-ff-ss,0,4211529.html#story>

Other patients they have helped required surgery for complex craniofacial reconstruction, burn injuries and upper and lower extremity reconstruction. The physicians involved are all San Diego based surgeons including: Dr. Michael Halls, Dr. Munish Batra, Dr. Alfonso Camberos, Dr. Don Kikkawa, Dr. Andrew Chang, Dr. Lokesh Tantuways, and Dr. James Tasto. For more info go to [www.docscharity.com](http://www.docscharity.com). If you have patients that may benefit from this organization please have them contact Dr. Batra or Dr. Halls through the website.

**And They're Off...**

**Come join us for a fun summer of races at the Del Mar Thoroughbred Club**

**Thursday, July 30, 2009**

*Edwin Reithmayer, MD Memorial Scholarship Fund Raiser*

**Day at the Races—Turf Club Event**

Seating in Il Palio Restaurant Racetrack and Ocean View (Viewing Monitors)

\$30.00 per person

Turf Club Lunch Menu available at additional cost, Dress Code Required

**Sunday, August 9, 2009**

*Malvin Williams, MD Memorial Scholarship Fund Raiser*

**Picnic at the Races—Infield Pavilion**

Bring along your family and office staff

Adults \$7.00 Children (17 yrs. And under) \$2.00

**Food Option Description**

*Pacific Pavilion Picnic Lunch* includes: Grilled All-Beef Hot Dogs, BBQ Grilled Chicken Breasts, Corn on the Cob, Cowboy Beans, Sliced Watermelon, Potato Chips, Rolls & Butter, Ice-Cream Bar

Beverages include: Iced Tea, Lemonade, Coffee and Decaf.

**Reithmayer and Williams Racing Event Ticket Order Form**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

[ ] MASTERCARD [ ] VISA \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

*All orders must be accompanied with payment by check payable to SDAFP OR MasterCard/Visa information:*

QUANTITY TOTAL AMOUNT

**July 30 2009** (Reservations and payment must be received by July 16, 2009)

**Del Mar Day at the Races/Turf Club Event**

\$30.00 per person \_\_\_\_\_ \$ \_\_\_\_\_

*Tax deductible contribution for Federal Income Tax purposes is \$7.00 per ticket.*

**August 9, 2009** (Reservations and payment must be received by July 24, 2009)

**Del Mar Infield Picnic:** Adults \$7.00/Children (17 and under) \$2.00 \_\_\_\_\_/\_\_\_\_\_ \$ \_\_\_\_\_

Pacific Pavilion Picnic Lunch \$16.50 \_\_\_\_\_

Adults, Children 10 & Under \$10.50, \_\_\_\_\_

served from 12-3pm

**Total Amount Due:** \_\_\_\_\_

Amount of contribution deductible for Federal Income Tax purposes is 2.00 per adult and \$1.00 per child's entrance ticket.

**Please submit payment to:**

**SDAFP • P.O. Box 910144 • San Diego, CA • 92191 • Ph: 858-458-9439**

**Credit Card Orders may be faxed to (858) 458-9467**

**Please join us for our upcoming 2009 All Member Meeting:  
'Colorectal Cancer Screening'**

**Saturday, November 14th, 2009**

For more information call: 858-458-9439 or e-mail: sbazzo@sandiegoafp.org

**Welcome Incoming UCSD Family Medicine Residency!!!**

**Paul Brydon, D.O., Arizona College of Osteopathic Medicine, Midwestern University**

Dr. Brydon received his Masters degree in Medical Science at Drexel University in Philadelphia. He completed his undergraduate at UCSD where he received his degree in Biochemistry and Cell Biology. Paul enjoys golfing, fishing, working out, reading, and hiking.



**Cynthia Wilson, D.O., Western University of Health Sciences/ College of Osteopathic Medicine of the Pacific**

Dr. Wilson completed her Doctorate of Osteopathy from Western University of Health Sciences/COMP, 2008. She then received her Bachelors degree in Genetics and Cell Biology from Washington State University in Pullman, WA. Cynthia enjoys hiking, backpacking, biking, snowboarding, volleyball, basketball and running.

**Paige DeKoster, M.D, Albany Medical College Albany, NY**

Dr. DeKoster received her BA in Biology from Pomona College in Claremont, California. In 2003, Dr. DeKoster spent 6 months in Ecuador for Students in International Training. Paige's interests and hobbies include traveling, hiking, dancing and horseback riding.

**Michelle Cao, M.D., University of Nevada School of Medicine**

Dr. Cao received her BS in Biological Sciences from the University of California. She is fluent in Mandarin and has conversational Spanish speaking skills. Michelle enjoys ceramics, sculpture, guitar, clothing design and cooking.

**Mary Hang Tran, D.O., Western Univ of Health Sciences/COMP**

Dr. Tran studied General Biology/General Psychology at the University of California, San Diego. She was awarded The Who's Who Award for Studies in American Universities and Colleges. Mary is fluent in Vietnamese, and enjoys nature, the outdoors, dancing, and cooking.

**Miguel Casillas, M.D.**

**Universidad Automata de Baja California, Tijuana Mexico**

Dr. Casillas completed his medical education in Mexico at the Universidad Automata de Baja California. He received first place award at the UABC School of Medicine Environmental Expo Workshop in Tijuana, Mexico. Miguel enjoys music, playing the drums and guitar.

**Amy Guigliano M.D.**

**University of California San Diego, School of Medicine**

Dr. Guigliano received her BS in Chemistry from UCLA. She was awarded the Ramsey Award for excellence in Physical Chemistry at UCLA. Amy's hobbies include spinning, hiking, running and volleyball.

